

## INFLUENCE OF PARENTAL OCCUPATIONAL STRESS ON SOCIAL MATURITY OF ADOLESCENTS

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### ABSTRACT

*The term “social maturity” was defined in two ways, firstly the behavior of the individual is appropriate to the age under observation and secondly it conforms to the standard and expectations of the adults. The purpose of the study was to assess and compare the social maturity of adolescents in relation to their gender, grade and parental Occupational stress. The sample consisted of 480 adolescent students studying with 8th, 9th and 10th standards and their parents from Hyderabad district, 240 male students and 240 female students were included in this sample. The occupational stress index purports to measure the extent of stress which employees perceive arising from various constituent and conditions of their job. The occupational stress index was used developed by Srivastava and Singh. Rao’s Social Maturity scale was used to assess the social maturity. Thus obtained data was analyzed using means, S.D, ‘t’-test. The result revealed that there was a significant difference found High and low social maturity of adolescents by occupational stress of fathers and mothers. Significant differences were not found between the grades in high and low maturity groups with high and low occupational stress of their parents. With regard to low maturity group, significant gender differences were not found in both high and low maturity groups of parents with low occupational stress.*

**KEYWORDS:** Parental Occupational Stress, Grade, Gender, Social Maturity, Adolescence

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### INTRODUCTION

According to Anderson (2005) Adolescence extends from puberty to the attainment of full height and weight and cessation of growth. It is the period in which the person moves out of the home circle and becomes physically and mentally independent. Early adolescence extends roughly from 13 to 16 or 17 years, and late adolescence covers the period from then until 18, the age of legal maturity. Thus late adolescence is a very short period.

Social maturity is defined as the level of social skills and awareness of an individual has achieved relative to particular norms related to an age group (Raj, 2000). Development competence of an individual with regard to interpersonal relations, behaviour appropriateness, social problem solving and judgment has been measured. Sapna & Ved Prakash Gabha, 2013 reported that stress in society is not something which is invisible. According to Indian employees the top three reasons for stress at workplace include unclear or conflicting job expectations, inadequate staffing (lack of support, uneven workload in group) and lack of work/life balance.

Steve et al., 1999 defined that occupational stress as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of occupational stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our occupations.

Okebukola and Jegede (1989), defined occupational stress as “a condition of mental and physical exertion brought about as a result of harassing events or dissatisfying elements or general features of the working environment”.

Reddy and Poornima, 2012 revealed that majority (74%) of the university teachers experienced moderate and high levels of occupational stress and 86 per cent of teachers had professional burnout.

Upadhyay and Singh (2001) conducted a study to investigate the level of occupational stress experienced by the college teachers and the higher secondary school teachers. The sample consisted of 40 respondents (twenty from each group), who responded on the Occupational Stress Index. Significant difference on the variables related to, role overload, role ambiguity, responsibility, under participation, powerlessness, peer relation, and unprofitability, was observed. The study also depicts difference in the overall stress experience between the two groups on various sub-scales of the OSI. Thus, It is concluded that academicians too experience stress and need to learn coping strategies to overcome the negative effects of job stressors.

## OBJECTIVES OF THE STUDY

- To know the influence of parental occupational stress on social maturity of adolescents.
- To examine the grade differences in social maturity of adolescents by parental occupational stress.
- To find out the gender differences in Social maturity of adolescents by parental occupational stress.

## HYPOTHESES

The following hypotheses were tested in the present study:

- There is a significant difference found between High and low social maturity of adolescents by occupational stress of fathers and mothers
- There is a significant differences were not found between the grades in high and low maturity groups with high and low occupational stress of their parents.
- There is a significant gender differences were not found in both high and low maturity groups of parents with low occupational stress.

## METHODOLOGY

### Research Method

Descriptive survey method was used.

### Sample

Sample of 480 adolescents. They were selected randomly from 8th, 9th, 10th grades of Private schools in Hyderabad city. The sample included 240 boys and 240 girls and their parents.

### Tools Used

To collect the information social maturity scale was used which was developed by Nalini Rao. It has 90 items and it is used for primary, secondary and pre-university grade students. Nine Dimensions-Work Orientation, self-Direction, Ability to take Stress, Interpersonal Adequacy by communicable, Enlightened Trust, Cooperation and Social Adequacy by social Commitment, social Tolerance and Openness to change.

The occupational stress index purpose was to measure the extent of stress which employees perceive arising from various constituent and conditions of their job and it was developed by Srivastava and Singh. It has a five point scale and consists of 46 items. Out of 46 items 28 are 'true-keyed' and rest 18 are false-keyed. The items relate to almost all relevant components of the job life which cause stress in some way or the other, such as, Role over-load, Role ambiguity, Role conflict, Group and Political Pressures, Responsibility for Persons, Under Participation, Powerlessness, Poor Peer Relations, Intrinsic Impoverishment, Low Status, Strenuous Working Conditions, and Unprofitability.

**Statistical Analysis:** Percentages, Means, S.D, 't'-test and analysis of variance (ANOVA) was used for data analysis.

### RESULTS AND DISCUSSIONS

The results of the study were presented below

**Table 1: Mean, SD and 'T' Values of High & Low Social Maturity of Adolescents by Occupational Stress**

S. No.	Occupational Stress	Social Maturity					
		High			Low		
		Mean	SD	't' Value	Mean	SD	't' Value
1.	High	276.60	17.44	19.99	276.10	16.29	21.02**
2.	Low	236.60	13.16		237.30	12.11	

Significant at 0.01 level

The occupational stress was categorized as low and high. The score above the median was considered as high and below the median as low. It is noticed from the data that significant difference was found between adolescents with high and low occupational stress. The results indicated that adolescent with high parental occupational stress had high social maturity than low stress parents. It is observed that the high stress parents are not able to spend much time with their children's activities and also assigning some responsibilities to their adolescents. This helps them to behave maturely and independently.

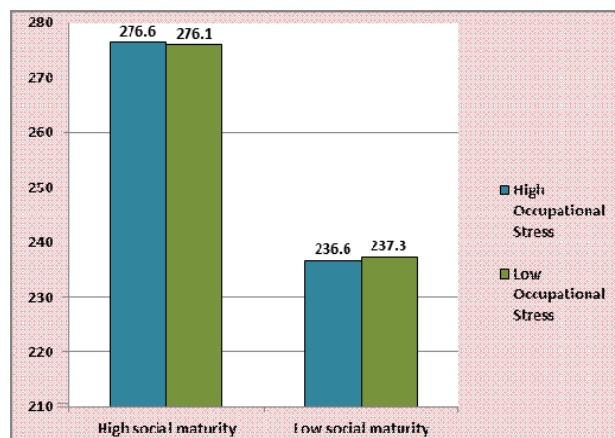


Figure 1: High and Low Social Maturity of Adolescents by Occupational Stress

Table 2: High and Low Social Maturity of Adolescents by Occupational Stress of Fathers and Mothers

S. No.	Occupational Stress		Social Maturity					
			High			Low		
			Mean	SD	't' Value	Mean	SD	'T' Value
1.	Fathers	High	276.10	16.86		276.60	16.92	
		Low	238.20	11.08	20.40 **	235.80	13.88	20.65**
2.	Mothers	High	276.20	17.28	19.70**	276.60	16.50	21.26**
		Low	236.90	12.91		237.00	12.35	

Significant at 0.01 level

Mean, SD and 't' values of high and low social maturity scores of adolescents by their occupational stress are given in table 2. Significant differences were found between high and low occupational stress of mothers in both the high and low social maturity groups. When we look in to the difference between the fathers and mothers stress and social maturity similar scores were received by the adolescents and no significant differences were found between fathers and mothers.

Table 3: Mean, SD and 't' Values of High & Low Social Maturity of Different Grades by Occupational Stress

S. No.	Occupational Stress	High Social Maturity				Low Social Maturity		
		Grades	Mean	SD	'F' Value	Mean	SD	'F' Value
1.	High	8 <sup>th</sup>	277.64	17.21	1.22 <sup>NS</sup>	230.87	15.27	6.12**
		9 <sup>th</sup>	272.97	16.39		238.25	9.60	
		10 <sup>th</sup>	278.85	18.49		240.38	12.21	
2.	Low	8 <sup>th</sup>	272.13	14.74	1.76 <sup>NS</sup>	236.24	13.36	1.06 <sup>NS</sup>
		9 <sup>th</sup>	276.05	16.29		236.40	12.12	
		10 <sup>th</sup>	279.21	17.07		239.83	10.19	

Significant at 0.01 level

NS: Not significant

From the above results it was found that significant differences were not found between the grades in high and low maturity groups with high and low occupational stress of their parents. Even in low maturity group significant difference was found only in parents with high stress and it was not found in low stress group.

**Table 4: Mean, SD and 'T' Values of High and Low Social Maturity of Boys and Girls by Occupational Stress**

S.No	Occupational Stress	High Social Maturity				Low Social Maturity		
		Gender	Mean	SD	't' value	Mean	SD	't' value
1.	High	Boys	281.80	16.84		238.60	11.46	
		Girls	268.50	15.26	4.38**	235.40	14.04	1.26 <sup>NS</sup>
2.	Low	Boys	278.00	16.62	2.16*	239.20	10.26	1.39 <sup>NS</sup>
		Girls	270.80	14.24		236.10	13.04	

Significant at 0.01 level NS: Not significant \* Significant at 0.05 level

Table Shows the Mean, SD and 't' values of boys and girls by occupational stress. . It means that parents with high occupational stress boys were found to be high in their social maturity. With regard to low maturity group, significant gender differences were not found in both high and low maturity groups of parents with low occupational stress.

## CONCLUSIONS

From the above study it was concluded that significant difference was found between adolescents with high and low occupational stress. Adolescents with high parental occupational stress had high social maturity than low stress parents.

Significant differences were found between high and low occupational stress of mothers in both the high and low social maturity groups. When we look in to the difference between the fathers and mothers stress and social maturity similar scores were received by the adolescents and no significant differences were found between fathers and mothers.

Significant differences were not found between the grades in high and low maturity groups with high and low occupational stress of their parents. parents with high occupational stress boys were found to be high in their social maturity.

## Tips for Managing Stress

Most of the people suffer from psychological anxiety, no matter what is the nature of the work. The word "stress" is unavoidable that is why people should learn how to handle their stress properly. The following highlights can use to manage the stress.

- Believe that an individual can intervene and eliminate stress in his life. While often difficult, individual can make positive changes in his life.
- Define individuals daily, weekly and life goals and frequently assess how well he/she meeting them. Try to do one activity each day that helps him in meeting a goal(s).
- Make time to relax and enjoy a favorite activity. If necessary, restructure individuals thinking to give him permission to take the time.
- Establish and/or rely on a support system of family, friends and/or colleagues.
- Learn to be assertive and express your feelings and needs in interpersonal relationships.

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